

The Scout Times

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SportsSports

e-mail: thescout@hua.army.mil

Bataan Memorial Death March canceled

The Bataan Memorial Death March scheduled for March 30, at the White Sands Missile Range is cancelled. For more information, call 505-678-1256 or 505-678-1134, or email bataan@wsmr.army.mil

Indoor butterfly identification workshop series

An indoor butterfly identification workshop series will be held Saturday, 9 a.m.- 1 p.m. at the Tucson Botanical Gardens, 2150 N Alvernon Way, Friend's House Building. The classes will cover the following:

Saturday: Metalmarks and Nymphalids Butterflies
March 8: Skippers, and Butterfly Gardening

The fee for the workshops \$10 each or \$25 for all three classes.

Participants are suggested to bring a pair of close focus binoculars and a butterfly field guide book. For more information, call 803-9700 or 742-0071.

Mens, Coed fall softball leagues

Parks and Leisure Services will be conducting the Men's Coed Softball Leagues starting April 14-15. The entry fee for the league is \$400 per team with a \$20 per player registration fee.

The \$400 league fee is due at the informational meeting March 31, at the Oscar Yrun Community Center. Registration packets will be available March 3, at the OYCC, at the Ethel Berger Center and at the Cove. The \$10 per player fee is due by the second game of the season.

For more information, call 458-7922.

Youth wrestling

The Youth Services sponsored wrestling program practices every Monday and Wednesday at 6 p.m. at the Youth Center.

The Youth Center is located on Cushing Street directly across from Smith Middle School. Wrestling is for youth ages 6 and up. The program will be conducted as a club ran by interested volunteers.

Youth should come in work-out clothes and parents are welcome to attend and get information on the program. For more information, or to volunteer as a wrestling, call Youth Services at 533-3205/3212.

SECTION

INSIDE

Physical fitness tips

The president of the Thunder Mountain Running Club gives fitness tips.

'Hoop there it is!'

19th Signal Company escapes with post title

BY SGT. 1ST CLASS DONALD SPARKS
NCOIC, USAIC&FH PAO

Whether he wins or loses, 19th Signal Company shooting guard Terrence Hill will guarantee one thing – he'll continue to trash talk. He almost had to put his court shoes in his mouth Friday after his team escaped with the Fort Huachuca Intramural Basketball championship.

After breezing through the playoffs undefeated, 19th Sig. Co. lost 47-33 to Company B, 305th Military Intelligence Battalion and had to play the "if" game for the

title.

"You can put it in writing, we're going to pummel them in the second game," Hill said following the loss. "They're still easy to beat, it was just a warm-up game."

Hill's demeanor was not the same with nine seconds left in the second game and only leading by one point, but his team barely clung on to beat Co. B, 305th MI Bn. 33-32 as Mark Swanson missed an open jump shot at the buzzer.

"Those guys have some big hearts over there," Hill said about his opponents. "Ours was just a bit bigger,

but it was a good game. They never quit."

Quitting wasn't an option for Tavares Burke, Co. B point guard and head coach. Burke gave the 19th fits on defense as he controlled the fast-paced tempo throughout the first game.

"We just played basic basketball and we wasn't afraid of them at all," Burke said. The two teams met a week earlier as 19th squeaked by with a 51-48 double overtime victory. Burke's team, entering the playoffs as the seventh seed

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Photo by Sgt. 1st Class Donald Sparks

The 19th Signal Company squared-off against the Company B, 305th Military Intelligence Battalion

Use TA, GI Bill to pay for college

BY STAFF SGT. SHARRON STEWART
TIME OUT EDITOR

Advertisements for "free" college degrees are popping up everywhere, including publications geared toward military audiences and even via personal e-mail.

According to Sharon Lewis, education services specialist, Army Education Center, if a servicemember uses tuition assistance combined with the Montgomery G. I. Bill's Top-up program, they are able to get a college

degree virtually free anyway.

If a soldier has the GI Bill, they can use Top-up to cover the difference between what the Army can pay, (the limit of TA is \$250 per credit hour). If a class exceeds that, they can use Top-up and the money can be taken from their GI Bill to pay the difference. As soon as they use the equivalent of one month's worth of benefits, they will lose one month of their 36 months of MGIB entitlement.

Servicemembers can

avoid paying out of pocket fees because under the Top-up program they will get reimbursed for the extra amount. Servicemembers who are eligible send their tuition assistance form to the Department of Veteran Affairs and VA covers the difference between the TA and the tuition cost. Lewis went on to note that Top-up is different than using the GI Bill while on active-duty.

To be eligible for the Top-up program, soldiers must also be eligible for the GI Bill, served on active duty for at least 24 months, and have approved TA forms for

See **GI BILL** Page B4



'Celebs' use stardom to promote Army, increase troop morale

BY STAFF SGT. MARCIA TRIGGS
ARMY NEWS SERVICE

Actor Sean Astin and wrestler Bradshaw are among celebrities who are using their stardom to increase troop morale and keep the military fresh in the minds of Americans.

Astin, who is known for his roles in "Rudy" and the "Lord of the Rings," visited the Pentagon Jan. 30 to record public service announcements thanking

troops for their service and re-emphasizing America's trust in its military.

He also narrated an announcement to promote the Criminal Investigation Command, commonly known as CID, and asked interested soldiers to apply to the command if they are interested in becoming a CID Special Agent.

"There's a lot of different people and voices in America, and I don't mind letting my voice be heard," Astin said during an inter-

view conducted at the Pentagon. "I learned from reading about Vietnam that no matter what you think politically about certain deployments, as a good citizen and a patriot it's your duty to appreciate that there are soldiers using their lives on your behalf as a citizen."

Although many may know that Astin has appeared in more than 25 motion pictures, few know that he has served as a civilian aide to the secretary of the Army since 1995. He served under



By Mark Baker

Pt. Murphy's Law

Rockies opening game to honor military personnel

BY RICHARD SYMCHAK
CITY OF TUSCON, PARKS & RECREATION

It doesn't get any better than Major League Baseball in February in Tucson, unless you throw in a heaping helping of patriotism.

The Colorado Rockies kick-off the spring training season against the Arizona Diamondbacks today for an afternoon game that features a Military Appreciation Day theme.

"We want to show the community's appreciation to our military personnel on that day and encourage them to come out to the ballgame for a special afternoon as honored guests," said Richard Symchak, department spokesman.

Pre-game ceremonies are set for 12:40 p.m., and the game begins at 1:05 p.m.

The event will include opening ceremonies featuring Mayor Bob Walkup, Davis Monthan Air Force Base 355th Wing Com-

mander Col. Paul Schafer, Fort Huachuca Garrison Commander Col. Lawrence Portouw and Parks and Recreation Interim Director Bob Martin.

Special musical and on-field tributes will be performed by military units from both locations, including the Fort Huachuca 36th Army Band and a flyover by the 357th Fighter Squadron. Various military information tables and vehicles will also be on display near the field entrance.

Military personnel showing an active or retired ID or appearing in uniform will receive a half-price ticket at the Rockies Ticket Office, which is open Monday-Friday, 9 a.m.-5 p.m. or Saturday, 9 a.m.-4 p.m.

Hi Corbett Field will host 14 major league games throughout March, including 13 Colorado Rockies special promotion days.

Call 520-327-WINS (9467) for more Rockies information



Photo by Staff Sgt. Sharron Stewart

Wahapinae

The Kino Gospel service presented Wahapinae, a celebration of women, African Americans, Hispanic Americans, Pacific Islanders, Native Americans and European Americans. Capt. Jong Oh, Directorate of Installation Operations, prepares a Korean dish. After the ceremony the audience was treated to cuisine from the different cultures.

Togo West, Louis Caldera and now the current Secretary of the Army Thomas White.

For protocol purposes Astin, as a civilian aide, is ranked just below a three-star general and is considered to be the secretary of the Army's personal representative in the California region. Part of the basis of a CASA's appointment is his ability to increase the public's understanding of the Army, and Astin said he tells the Army story to anyone who wants to

know it.

"I'm in a position where I do whatever I can to support the Army," Astin said. "I've visited installations, and took the time to write 'thank-you' letters to business who had reserve-component soldiers to be mobilized."

In his special capacity, Bradshaw has conducted countless interviews, worn Army apparel on TV and used his weekly program

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Physical fitness develops body, soul, spirit

BY STAFF SGT. SHARRON STEWART
TIME OUT EDITOR

Soldiers and Olympic caliber athletes have all been part of the Thunder Mountain Running Club. Its current president Charles Owen, said the invitation to join is open to anyone who is a running enthusiast.

He retired last year as a first sergeant, after serving 20 years in the Military Intelligence Corps.

The TMRC is an organization that started 26 years ago on Fort Huachuca by a group of officers, noncommissioned officers and civilians at the request of the commanding general. “We are at the heart of distance running in Southern Arizona,” Owen said. The TMRC also hosts the annual Thunder Mountain Marathon that has been tentatively rescheduled for November.

“The Army was my introduction to running. Nowhere do I feel as free or alive as when I run. I get a great deal of satisfaction and pride out of running. Running is physically, mentally, spiritually challenging and enhancing. You develop mental toughness, physical strength in addition to stamina,” Owen said.

His two mile run time for his Army Physical Fitness Test ranged anywhere from 11-13 minutes depending on how hard he trained. “Nothing phenomenal, but something I was consistent with,” Owen said.

“I’m proud that I was still able to achieve 100 points on the extended scale of the Army Physical Fitness Test. I was just as fast when I retired as when I was when I first joined the military,” Owen said.

“Consistency is one of the main components for being a successful runner. There are periods in life when you may be injured or can’t dedicate as much time to running but staying consistent with an exercise program makes it much easier to maintain a peak level and helps to stave off the degradation of performance,” Owen said.

“They say at a certain age, runners experience a one percent decline in performance each year. By being consistent and trying to exercise intelligently, hopefully I’m staving this off. Of course I may be in denial,” he said laughing.

His background in fitness started with martial arts and bodybuilding. Once he joined the Army he was introduced to unit, competitive and cross-country runs. “I generally fell in love with running. One of my mentors was 10 years older than me and was a marathoner and an ultra-marathoner. He pointed to his heart and his head one day and told me ‘These are the two most important muscles that you can train,’” Owen said.

“That was the motivation I needed to take my running seriously.”

His passion for physical fitness ultimately led to his current involvement in duathalons, which includes running for

two miles, biking for 10 miles and finishing up with another two mile run. “Duathalons I’m okay at, triathlons, I’m terrible at. The beauty of a duathalon is that anyone can do it,” he said. Fort Huachuca has a duathalon scheduled for May 17.

“Instead of this being an event for elite athletes with \$3,000-\$4,000 bikes, I’ve seen winners compete with department store bicycles. The beauty of this is that anyone can do it and it allows you to cross-train. There are times when your joints are sore and you want to avoid burnout. Biking is the perfect compliment to running and the perfect introduction to multi-sport,” he said emphatically.

Owen went on to point out that nutrition is also an integral part of physical fitness.

“You have to feed the machine. I’ve seen too many people intentionally skip meals or try to starve themselves in order to loose weight. All it does is force their metabolism to slow down.”

“A diet is not something you go on or off of unless you are competitive body builder. A diet is simply a matter of how you eat. Try to eat clean, try to eat intelligently and avoid fat. Fad diets never work. Find out what’s right for you. It’s that simple and yet that complex,” Owen said.

“I often tell people they should eat breakfast like a king or queen, lunch like a prince or princess and diner like a pauper,” he said.

“I would suggest that anyone who engages in any type of training regimen be it aerobic, anaerobic or both become auto-didactic, which simply means self-educated,” he said. He noted that athletes gain valuable information from the Web and from reading. Through self-research fitness enthusiasts can find out what works best for them and apply it to their lives.

Owen said incorporating weight training has also aided his physical fitness quest.

“Weight-training allows you to burn calories even while you are resting. Aerobic activity allows you to burn calories during that period of exercise but your metabolism only accelerates for an hour and half afterwards. That’s why I do both type of activities,” Owen said.

For more information, visit www.thundermountainrc.org. The site has a calendar of upcoming events, race results and has a feedback form that can be used to ask for training advice by members or nonmembers of TM

RC. The site also lists the result of the Grand Prix circuit. “The Grand Prix circuit is like any other racing circuit where you do a minimum number of events, designated Grand Prix events and accumulate points based on how they finish in their age and gender class.”

The cost of membership is \$10 per year for individuals. A family membership is \$15 and members receive discounts for several races. “If you take advantage of these discounts,



Photo by Staff Sgt. Sharron Stewart

Charles Owen, president of the Thunder Mountain Running Club, shows proper running form at Bujalski track, located behind Barnes Field House.

the membership would take care of itself. You need not be an elite runner to join,” Owen said.

“I do not claim to be the ‘be all end all’ for running. I just have a passion for it,” he said. “I learn something new every day. It’s a constant learning and growing process.”

“Find out what motivates you, seize it, and apply it within your exercise regimen in regard to your own running and fitness. Don’t be afraid to start. You’ll be proud of yourself. You don’t have to like it, you just have to love it,” he said laughing.

Tips to enhance physical fitness

CHARLES OWEN
THUNDER MOUNTAIN RUNNING CLUB

Remember it is not how you start a run, but how you finish

Many people take off too quickly, hitting lactate threshold (where your body cannot flush the lactic acid faster than it produces it) immediately, and then suffer for the remainder of the run, which causes it to be a negative experience.

Warm up and take off moderately, then hit a pace you can sustain or improve upon for the length of the run.

Practice running ‘negative splits’

Practice running “negative splits” which is simply running the second half of a run faster than the first half. Hard to do on an APFT, but for longer races it’s actually beneficial. Most of the recent world records in the marathon were set when the runner ran the second 13.1 mile leg faster than the first.

Focus on form

When you are fatigued, your form breaks down. By starting too quickly, many runners allow their form to disintegrate early on, making it a miserable experience with less than favorable results. Do at least one run per week slower than you want, focusing on form, foot strike, breathing, head angle (watch someone who is suffering on a run, with their head cocked to one side, and ask if that looks like it is conducive to peak performance) arm swing, etc.

You have to practice this, just like any other form exercise, but it is hard if you are at threshold or fatigued, so do it on a long slow run.

I have helped initial entry soldiers with no background in running take up to two minutes off their time in one week simply by focusing on form.

Do not confuse sprinting with intervals

Sure, sprints are hard, they hurt, and it’s a great means of making everyone work within their ability at unit PT. Additionally, fast sprinters can run most distances well. But if you can’t run two miles

or pass your APFT, then no one cares about your blistering 400 meter times. Yes, Master Fitness principles advocate speed work, but that is effective only if you are already an efficient runner. Longer intervals, on a track or a section of a road or trail, done slightly faster than race/APFT pace (getting out of your “comfort zone”) will boost your threshold.

Do hill repeats

Hill repeats are speed workouts in disguise. Find a hill or incline which takes you anywhere from two to four minutes to run, there are an abundance, both on and off road here on Fort Huachuca, do an interval up, where you are simply sustaining a steady pace up, not sprinting, preferably accelerating through the top, then run down. The run down allows for recovery and the runs up are your hard, strength and speed building efforts, a bit like running a hard lap or two on a track followed by a recovery lap, but by doing it on hills you avoid the tendency to sprint.

Invest in yourself

This includes the tangible and the intangible (focusing on becoming a better runner or learning to enjoy it.) By the tangible, I mean buy good running shoes and other running gear.

I’ve had individuals tell me they couldn’t afford decent running shoes and as a result were experiencing injury, but thought nothing of eating out and going to movies three to six times a month.

I believe the money they spent on entertainment could be used to buy gear that would help prevent injury, and at what price did they value joint health.

Also, buying decent running gear, which keeps you dry and warm as opposed to running in wet cotton rags (there’s a reason the Army has a new Army Physical Fitness Uniform) really makes it a more enjoyable endeavor.

I’ve found that people who paint themselves blue, sit in the front row of whatever stadium their favorite sports team is playing at, and engage in spontaneous bursts of enthusiasm such as “the Wave” in support of someone else’s accomplishments seem genuinely lacking in motivation regarding using that same energy and verve in their own physical fitness.

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with a 9-6 record, had to scratch and crawl from the loser’s bracket to face its nemesis again in the title game.

“We had a lot of confidence coming into the game,” Burke said. That confidence paid off as Co. B held the 19th blank from the three-point line on nine attempts.

In the second game, Hill led a tenacious man-to-man defensive attack, which led to several unforced turnovers and fast-break opportunities for his squad. Trailing 7-6, the 19th went on an 11-2 run led by Hill, Price Walker and Calvin Buchanan.

Co. B countered with a run on their own scoring six straight points as Burke nailed a trey and Raymond Washington hit a basket and foul shot.

The run was short-lived as Buchanan scored four quick points before the half ended sending the 19th with 19-15 lead.

“They just got off to a faster start than we did,” Burke said of his team’s effort. But Burke was optimistic of his team’s chances of winning after Hill picked up his fourth foul before halftime.

Hill’s foul situation forced 19th Sig. Head Coach Elissa Houston to revamp her strategy coming out for the second half. Not long into the half, her game plan was challenged again as Buchanan was ejected from the game, forcing Hill to come back in.

After trailing 27-17, Burke again led the charge as scored four points and dished two

assists to Randall Weaver pulling his team within two points, 27-25. However, Co. B blew several scoring opportunities as Washington missed back-to-back uncontested layups.

Both teams fought a seesaw battle as the clocked ticked down. With two minutes left and the score 31-29, Burke went to the free throw line but missed his the second attempt leaving his team down by one point.

After calling a timeout, Hill took over his team’s offense and scored a layup with 22 seconds left. On the ensuing play, Burke threw a cross-court pass to Weaver for a score, 33-32, and 15 seconds left to play.

On the next play Hill was fouled and had a chance to put the game away, but missed the front end of a one-and-one free throw opportunity with Washington snatching down the rebound with 11 seconds left.

Yet Co. B couldn’t cash in on the chance to win the game and title.

“We had too many missed shots and we broke down on defense,” Burke said.

Houston was proud of her team’s efforts and said she was worried after Buchanan was ejected.

“I knew Hill, my team captain, would keep everybody’s head in the game,” she said. “He’s done that for us all season and motivated us when we needed it.”

As for Hill and talking trash, “We’re the champs. Enough said.”



Photo by Janice Dodson

How do you do?

4th U. S. Army Memorial, B-Troop Commander, Major Chris Zimmerman, visited Smith Middle School last week to introduce the student body to the history to the troop. His horse, Hightower, helped in the demonstration.



Fort Huachuca Directorate of Community Activities Updates

The Directorate of Community Activities is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to Paula.German@hua.army.mil.



Tickets Available at
MWR Box Office



Tickets for the following shows to be presented at Tucson Convention Center are available at the Box Office:
“Stomp,” presented tomorrow, 8 p.m.; Saturday, 5 p.m. and 9 p. m.; and Sunday, 2 p.m. and 7 p.m.; “Dragon Tales Live - Missing Music Mystery” today through Sunday; “Scooby Do in Stagefright” Tuesday, 7 p.m.; “Cats” presented April 4, 8 p.m.; April 5, 2 p.m. and 8 p.m.; and April 6, 2 p.m. and 7 p.m.
The 15th Annual Renaissance Festival is being held at Apache Junction weekends through March 23. The box office has tickets for this exciting event also.
Let the MWR Box Office assist you in making hotel reservations for the Tucson or Phoenix areas. The Box Office also has discounted tickets on Southern California attractions. These tickets are discounted for military, DoD and non-appropriated funds employees at great savings.
Prices vary, call 533-2404 for information or drop by the MWR Box Office located in the MWR Plaza, Bldg. 52008 on Arizona Street. MWR Box Office is open Monday - Friday, 9 a.m. - 5 p.m.
The Box Office has fax service available. Call or stop by for additional information.

If you liked the Army Soldier Show, you’ll love BRAVO!

The BRAVO! Army Theatre group is set to perform at Fort Huachuca March 6 at the Cochise Theater. Show times are 5 p.m. and 7 p.m.

The six-member Bravo Theatre troupe, currently touring the U.S. and overseas, will present a 70-minute show called “Lift Up Your Hearts, America.” Music includes songs by Billy Joel, James Taylor, Carly Simon, Roger Miller, Woody Guthrie and George M. Cohan.

This talented group of performers will present an evening of entertainment that you’re sure to enjoy and remember

Tickets are on sale now at MWR Box Office, MWR Rents, Desert Lanes and Sierra Vista Safeway for just \$5.

Seating is limited, so get your tickets now. For more information, call 533-2404.



The cast of BRAVO!



Applications for Spring Youth Fest available

The Directorate of Community Activities, Child and Youth Services and Recreation Services Division, will sponsor the annual “Spring Youth Fest” on April 26. Vendor applications for this event are available now through March 20 and may be picked up at the Child and Youth Services Registration Office, Murr Community Center. For more information, call 533-8437.

Special Needs Childrens’ Bowling League

A Special Needs Childrens’ League is set for Mar. 1 - May 3 at Desert Lanes on Saturdays at 1 p.m.

There will be bumpers and a bowling ball ramp available, and coaches will be present to assist the young bowlers.

The fee is just \$3 per bowler for three games per week. Each bowler will receive a trophy at the end of the season.

For more information, contact Randy Carter at 533-2849.

Basketball courts closed for resurfacing

Barnes Field House main gym basketball courts will be closed Monday through March 31 for resurfacing. For more information call 538-2022.

While the refurbishing is being done, patrons can use the basketball courts at Eifler Gym. Call 538-4723 for more information.

Thunder Mountain Marathon postponed

The 2003 Thunder Mountain Marathon, which had been set for March 22, has been postponed. The majority of entrants in this event are soldiers, and, due to the current world situation, many have been deployed. Because of this, the marathon has been postponed. It has been tentatively rescheduled for October 4. Please direct any questions to Barnes Field House at 533-5031.

Softball program starts March 31

The 2003 Commanders Cup Softball Program is scheduled to start March 31. Letters of intent are due Tuesday.

The organizational meeting for the program is also set for Tuesday at 10 a.m. at Barnes Field House.

B.O.S.S. to host golf tournament

The Fort Huachuca Better Opportunities for Single Soldiers will host a golf tournament on April 18, beginning at 8 a.m. This event, which will be held at Mountain View Golf Course, is open to everyone. The entry fee is \$30 per person.

First, Second and Third place prizes will be awarded, as well as prizes for the longest drive, closest to pin and a putting contest. Format is a four-person scramble.

If you don’t have a team, you will be placed on one. Sign up early. Slots will be filled on a first come, first

served basis.

For more information, contact Spc. Davis at 533-7395.

ICW Wrestling to return to Fort Huachuca

International Championship Wrestling, Inc. will once again be hosted by the Directorate of Community Activities, Recreation Services Division, April 5 at Barnes Field House. Tickets go on sale tomorrow at MWR Box Office, Desert Lanes, MWR Rents and Sierra Vista Safeway.

The following bouts have been scheduled: Buff Bagwell vs. Norman Smiley; Disco Inferno vs. The Navajo Warrior; Erica vs. Nikki (ladies match); Hollywood vs. The Black Scorpion; and Shane and Shannon Ballard vs. Jason and Johnny Riggs (tag team match).

Doors open at 6 p.m. Bouts start at 7 p.m.

FRG Training set for March 8

Family Readiness Group Training will be conducted March 8, from 9 a.m. - noon at Murr Community Center. This class will cover the basics of establishing and running a family readiness group, funding issues and managing volunteers. For more information, call Army Community Services at 533-5919 or 533-2330 to register by March 6.

“Family Night” at Pepperoni’s

Pepperoni’s presents “Family Night” every Tuesday, 5 p.m. - 8 p.m. You’ll have the chance to enjoy many different specials, such as a large, one-topping pizza for \$7; a free soda with any sandwich order; and the all-you-can-eat spaghetti buffet, for \$5.95 for adults, half price for children 5-11 years, and children under 5 years are free.

The east side of Pepperoni’s Restaurant is available for groups, meetings and get-togethers. Call 533-3802 to reserve this room when planning your functions.

Wellness workshop set for Wednesday

A “Put Prevention into Practice” class will be offered Wednesday, 6-7 p.m. at Murr Community Center. This is a wellness workshop conducted by Raymond W. Bliss Health Center.

By attending the PPIP, you will receive a Healthwise Handbook and an over-the-counter medication card. The card will enable you to receive certain medications free at Fort Huachuca pharmacies.

Free child care is available, but space is limited. Registration is mandatory by Monday by calling Army Community Services at 533-2330 or 533-5919.

An invitation

A new, nonprofit group is forming for the purpose of promoting diversified art (fine art, performing art, etc.) and to sponsor scholarships. The group will be the first of its kind at any military installation.

The first meeting will be held at March 13 at 9 a.m.

For more information, call Ricardo Alonzo at MWR Arts Center, 533-2015.



Festival of the Southwest location change

The Festival of the Southwest, which has been held in Sierra Vista at Veterans Memorial Park in past years, has moved to the R.L. Anderson Special Events Park on Fort Huachuca this year. The event is set for May 2 - 4. The festival is open to the public and there are no admission fees!

Food, craft, nonprofit, military, Family Readiness Groups and information vendors are wanted. For information on space available, contact Recreation Services Division at 538-1690.

Right Arm Night at LakeSide

The LakeSide Activity Centre will host the next CGs’ Right Arm Night tomorrow at 4 p.m. Karaoke with Ken Edwards, free food and a pay-as-you-go bar make this a lively spot to relax and socialize.

Half price paintball

The Sportsman’s Center has scheduled Half-Price Paintball Day for Saturday. Just \$10 covers the cost of the gun, mask, CO2, field fee and 100 rounds of ammo.

Child care training applications available

Fort Huachuca Family Child Care is now accepting applications for the March Training Class. Family members 18 years of age and older interested earning an extra income by caring for children in their home should plan to attend this training.

The training is scheduled to begin March 31. Training is Monday through Friday, 8 a.m. - noon. It is free of charge to all interested parties. Class sizes are limited; therefore, interested parties are urged to begin the enrollment process as soon as possible.

Prior to attendance in this training, personnel should contact the FCC Office for an application. For further information, contact the Fort Huachuca FCC program at 533-2494 or stop by and visit them at Murr Community Center. The FCC Office is open Monday through Friday, 7 a.m. - 4 p.m. Further information may also be obtained from the FCC Director via email at fcc@hua.army.mil.

March Special at MWR Rents

MWR Rents is offering a terrific special for the entire month of March. You can rent a 5 ft. by 10 ft. pontoon boat or a water mouse for \$40 a weekend. Call 533-6707 for more information.

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course that began on or after Oct. 30, 2000.

Lewis said the major problem with getting a so-called “free” degree is the accreditation factor. “It’s kind of like ‘buyer beware,’” she said.

“Servicemembers need to be aware of whether or not schools that advertise “free” degrees are regionally or nationally accredited, if they are a member of the Servicemembers Opportunity Colleges system and whether or not their credits will transfer to another institution,” Lewis said.

She said some schools are very aggressive about advertising free degrees.

“All of our schools fall under the cap so servicemembers already have 100 percent TA. The only other additional cost they incur is the fact they have to buy their books. Now is the best time in the world to take classes,” Lewis said.

“If a school is on a military installation, they are going to be part of the SOC program. Colleges or universities that are part of that system are really restrictive in order to ensure transferability of credit to schools within the Servicemembers Opportunity College Army Degrees system,” Lewis said.

In order to establish residency, soldiers

only have to complete one quarter of their degree at a SOCAD institution.

The SOCAD system helps soldiers to avoid the pitfalls they can encounter when trying to transfer credit from one institution to another. In most instances, many schools that are regionally accredited rather than nationally accredited, will not accept national accreditation.

“That’s something you want to be very careful of,” Lewis advised. She said if a servicemember does attend a school that is nationally accredited, it’s best to attend it if that is the institution they plan on getting their degree from.

“If you decide to go on and earn a masters, it could be that your desired institution won’t accept a bachelors degree from a nationally accredited institution,” Lewis said.

A regionally accredited school has to go through very strict requirements in order to meet their regional accreditation standards.

For more information regarding schools that are part of the SOCAD system, visit www.soc.aascu.org.

For more information regarding the Top-up program, call 533-2255 to talk to an education counselor.

Showings



The Cochise Theater movie prices are \$3 for adults and \$1.50 for children, except on Wednesdays and Thursdays, when all admission is only 99 cents.

All movies will be showing at 7 p.m., unless otherwise indicated. For more information, call 533-2950 or visit www.aafes.com.

Today at 7 p.m.
7p.m. **JUST MARRIED**

Ashton Kutcher, Brittany Murphy - Two young newlyweds find that their perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage,

which many of their friends and family said was a bad idea survive the celebration? Rated **PG-13** (Sexual content, some crude humor and a brief drug reference). 95 Min.

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sponsored by World Wrestling Enterprise as a venue to talk about how the war is affecting its troops.

Bradshaw visited the Pentagon Feb. 4 and soldiers at Walter Reed Army Medical Center in Washington, D.C., who are recovering from wounds inflicted while supporting Operation Enduring Freedom. He was one of three performers who accompanied Sgt. Maj. of the Army Jack Tilley on a USO tour to Afghanistan, Uzbekistan and Kuwait during the Christmas holiday.

“During the USO trip, I told Sergeant Major Tilley that I regret not being a soldier,” Bradshaw said. “He told me that, ‘everyone has to find his own role and do what

he can to support troops.’”

Both in and out of the ring, Bradshaw said his niche is telling Americans what life is like for soldiers on enemy territory.

“Video games have gotten so realistic now a lot of times people believe that soldiers are in some type of high-tech video game over there. That’s not the case, we’re putting men and women in the way of bullets.

“Despite the fact the Army does everything outstandingly well to take care of these soldiers, they’re still out in the desert, away from families, and I don’t care if they’re staying in the Hilton, it’s no place they want to be.”

Help the Army take care of its own,
support AER through May 15